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Dare to Excel: Physical Activity

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DARE to EXCEL:

Creating home environments that help kids succeed at school

Most kids want to be physically active – they want to move! Kids who move:

- have stronger muscles and bones and a leaner body
- usually have lower blood pressure and lower blood cholesterol levels
- are less likely to become overweight and develop type 2 diabetes
- sleep better, handle stress better, and perform better in school

Parents are children's primary role models so parents should be physically active and build physical activity into family routines. Children need at least one hour of physical activity each day including a combination of aerobic (running, brisk walking), muscle (gymnastics, push ups) and bone strengthening activities (jumping rope).

Tips to promote a healthy lifestyle for your children:

- Walk, run, and play with your child. Make physical activity fun.
- Involve kids in planning activities for your family.
- Encourage children to try different activities, games, and sports.
- Let kids "hang out" at home and create their own fun – do not over-schedule.
- Remind children that having fun is the most important part of an activity.

PROVEN PARENTING PRACTICES

Routines at home help kids learn

Learning at home helps kids learn at school

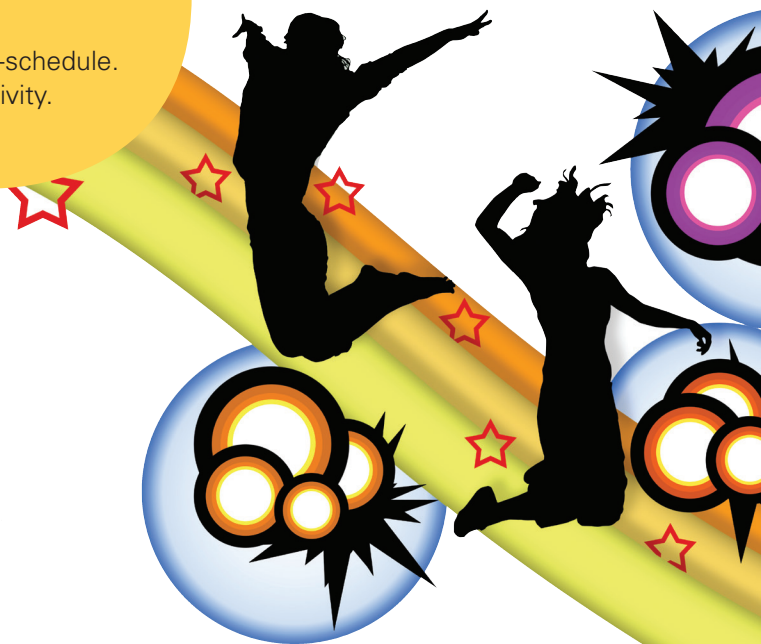
Setting limits with love helps kids learn at school

Good nutrition helps kids learn

Physical activity helps kids learn

Sleep helps kids learn

Community programs help kids learn at school





Evaluate Your *HOME* ENVIRONMENT

Answer a quick **10 question online survey** from the American Dietetic Association Foundation to see if your child is set for a healthy lifestyle.

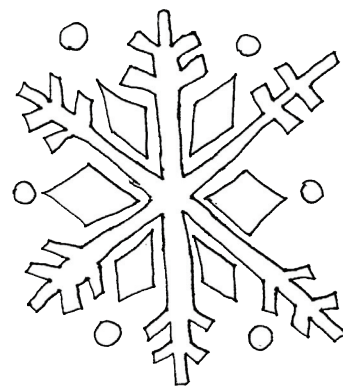
Find your score at <http://adaf.eatright-fnppa.org/public/partner.cfm>

1. Does my child eat breakfast regularly?
2. Does my family eat out a lot?
3. Does my family use prepackaged foods frequently?
4. Does my child drink soda pop?
5. Do I know what kind and how many snacks my child eats each day?
6. How many hours a day does my child watch TV or play on the computer?
7. Do I know what my child watches on TV or plays on the computer?
8. Does my family do any type of physical activities together?
9. Does my child participate in sports or physical activities with a coach or leader?
10. Does my child have a daily routine or schedule to follow?

ACTIVITY IDEAS FOR WINTER MONTHS

As a parent, promote regular exercise and family activities with aerobic movement. You'll have time if you limit screen time (TV, computer, texting) to 2 hours a day.

- Go to the local gym and play.
- Let kids help shovel snow.
- Go mall walking.
- Let kids help prepare and serve a meal.
- Play your child's favorite CD and dance.
- Let kids help clean house. Cleaning is great exercise and can be a family activity!
- Go ice skating.
- Build a snow fort or snowman.
- Play in the snow as a family.
- Go sledding.



How Childhood Obesity Impacts LEARNING

Research shows • nearly 1/3 of children and teens are overweight or obese.

Obesity can • cause diabetes and high blood pressure.
• pose greater risk for joint, bone, and sleep problems.
• lead to isolation, poor peer relationships, and lower self-esteem.

Parents can • plan family activities that involve movement.
• limit screen time.
• provide more fruits, vegetables, and whole grains.
• buy less soda. Encourage more water.
• limit sugary, high fat, and high sodium foods.



RESOURCES AND INFORMATION

Steps to a Healthier Family

Go to <https://store.extension.iastate.edu/Default.aspx>
Type PM 2005 in the search box

Snacks for Healthy Kids

Go to <https://store.extension.iastate.edu/Default.aspx>
Type PM 1264 in the search box

Making Physical Activity a Part of a Child's Life

<http://www.cdc.gov/physicalactivity/everyone/getactive/children.html>

Kids and Exercise

http://kidshealth.org/parent/nutrition_center/staying_fit/exercise.html

Be a healthy role model for children

10 tips for setting good examples

<http://www.choosemyplate.gov/foodgroups/downloads/TenTips/DGTipsheet12BeAHealthyRoleModel.pdf>